

# SHUTTLE MENU STS-115

## STEVE MacLEAN, MS-4 (BROWN)

MEAL	DAYS 1* & 13**	DAYS 2 & 11	DAYS 3 & 12	DAY 4	DAY 5
<b>A</b>	Dried Pears (IM) Blueberry-Raspberry Yogurt (FF) Cornflakes (R) Banana Pudding (I) Orange-Pineapple Drink (B) x2 Cocoa (B) Kona Coffee w/ Cream (B)X2	Dried Peaches (IM) Blueberry-Raspberry Yogurt (FF) Granola (R) Butterscotch Pudding (I) Breakfast Roll (FF) Chocolate Breakfast Drink (B) Orange-Mango Drink (B) x2 Kona Coffee w/ Cream (B)X2	Dried Apricots (IM) Granola (R) Breakfast Sausage Links (I) Breakfast Roll (FF) Strawberry Breakfast Drink (B) Orange-Mango Drink (B) x2 Cocoa (B) Kona Coffee w/ Cream (B)X2	Dried Peaches (IM) Blueberry-Raspberry Yogurt (FF) Sausage Pattie (R) Scrambled Eggs (R) Granola w/ Raisins (R) Breakfast Roll (FF) Slim Fast Toasted Oats & Spice (FF) Chocolate Breakfast Drink (B) Orange-Pineapple Drink (B) x2 Cocoa (B) Kona Coffee w/ Cream (B)X2	Dried Pears (IM) Blueberry-Raspberry Yogurt (FF) Granola w/ Blueberries (R) Breakfast Roll (FF) Vanilla Breakfast Drink (B) Grapefruit Drink (B) x2 Zone Bar (FF) Granola Bar (NF) Kona Coffee w/ Cream (B)X2
<b>B</b>	NO MEAL	Spicy Chicken & Vegetables (R) x2 Tortilla (FF) x2 Pears (I) Butterscotch Pudding (I) Butter Cookies (NF) Lemonade (B) x2 Lemon-Lime Drink (B) (Day 2 only)	Peanut Butter (I) Apple Jelly (I) Tortilla (FF) x2 Fruit Cocktail (I) Trail Mix (IM) Peach-Apricot Drink (B) x2	Chicken Fajitas (I) Cheddar Cheese Spread (I) Tortilla (FF) x2 Pineapple (I) Butterscotch Pudding (I) Cashews (NF) Lemonade (B) x2	(no meal requested)
<b>C</b>	Chicken Noodle Soup (I) Potato Soup (I) Sweet & Sour Pork (I) Rice & Chicken (R) Asparagus (R) Chocolate Pudding (I) Grape Drink (B) Tea w/ Lemon (B) x2 Lemon-Lime Drink (B)	Minestrone Soup (I) Lasagna (I) Italian Vegetables (R) Butterscotch Pudding (I) Wheat Thins (FF) Orange Drink (B) Tea w/ Lemon (B) x2 Lemon-Lime Drink (B) (Day 2 only)	Shrimp Cocktail (R) X2 Meatloaf (I) Macaroni & Cheese (R) <b>Green Beans w/ Mushrooms (R)</b> Strawberries (R) Vanilla Pudding (I) Tropical Punch (B) Tea w/ Lemon (B) x2	Hot & Sour Soup (I) Shrimp Cocktail (R) X2 Beef Tips w/ Mushrooms (I) Curry Sauce w/ Vegetables (I) Rice Pilaf (R) Creamed Spinach (R) Banana Pudding (I) Lemonade (B) Tea w/ Lemon (B) x2	Split Pea Soup (I) Turkey Tetrzzini (R) x2 Tomatoes & Eggplant (I) Chocolate Pudding (I) Brownie (NF) Lemonade (B) Tea w/ Lemon (B) x2

\*Day 1 consists of Meal C only

\*\*Day 13 consists of Meal A only

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (I) - Thermostabilized

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## STEVE MacLEAN, MS-4 (BROWN)

MEAL	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<b>A</b>	Dried Apricots (IM) Blueberry-Raspberry Yogurt (FF) Beef Pattie (R) Seasoned Scrambled Eggs (R) Chocolate Breakfast Drink (B)X2 Orange-Mango Drink (B) x2 Kona Coffee w/ Cream (B)X2	Dried Peaches (IM) Blueberry-Raspberry Yogurt (FF) Beef Pattie (R) Scrambled Eggs (R) Granola w/ Blueberries (R) Banana Pudding (I) Breakfast Roll (FF) Strawberry Breakfast Drink (B)X2 Orange-Mango Drink (B) x2 Kona Coffee w/ Cream (B)X2	Dried Pears (IM) Blueberry-Raspberry Yogurt (FF) Breakfast Sausage Links (I) Scrambled Eggs (R) Granola w/ Blueberries (R) Breakfast Roll (FF) Slim Fast Toasted Oats & Spice (FF) Vanilla Breakfast Drink (B)X2 Orange-Pineapple Drink (B) Kona Coffee w/ Cream (B)X2	Dried Apricots (IM) Blueberry-Raspberry Yogurt (FF) Breakfast Sausage Links (I) Beef Pattie (R) Seasoned Scrambled Eggs (R) Chocolate Breakfast Drink (B)X2 Orange-Mango Drink (B) Kona Coffee w/ Cream (B)X2	Dried Apricots (IM) Granola (R) Breakfast Sausage Links (I) Breakfast Roll (FF) Strawberry Breakfast Drink (B)X2 Orange-Mango Drink (B) x2 Cocoa (B) Kona Coffee w/ Cream (B)X2
<b>B</b>	Tuna Salad Spread (I) x2 Tortilla (FF) x2 Chocolate Pudding (I) Shortbread Cookies (NF) Almonds (NF) Grape Drink (B) x2	Chicken Salad (R) x2 Tortilla (FF) x2 Applesauce (I) Vanilla Pudding (I) Butter Cookies (NF) Lemonade (B) x2	Chicken Fajitas (I) Cheddar Cheese Spread (I) Tortilla (FF) x2 Pineapple (I) Butterscotch Pudding (I) Cashews (NF) Lemonade (B) x2	Tuna Salad Spread (I) x2 Tortilla (FF) x2 Chocolate Pudding (I) Shortbread Cookies (NF) Almonds (NF) Grape Drink (B) x2	BBQ Beef Brisket (I) Cheddar Cheese Spread (I) Tortilla (FF) x2 Applesauce (I) Peanuts (NF) Tropical Punch (B) x2
<b>C</b>	Vegetarian Vegetable Soup (I) Shrimp Cocktail (R) Spicy Chicken & Vegetables (R) Potatoes au Gratin (R) Green Beans w/ Mushrooms (R) Peach Ambrosia (R) Banana Pudding (I) Orange Drink (B) Tea w/ Lemon (B) x2	Tomato Basil Soup (I) Shrimp Cocktail (R) Crawfish Etouffee (I) Broccoli au Gratin (R) Pears (I) Vanilla Pudding (I) Granola Bar (NF) Tea w/ Lemon (B) x2	Beef Stew (I) x2 Shrimp Cocktail (R) Rice Pilaf (R) Creamed Spinach (R) Banana Pudding (I) Tea w/ Lemon (B) x2	Hot & Sour Soup (I) Shrimp Cocktail (R) Tofu w/ Hot Mustard (I) x2 Rice Pilaf (R) Potatoes au Gratin (R) Green Beans w/ Mushrooms (R) Peach Ambrosia (R) Banana Pudding (I) Orange Drink (B) Tea w/ Lemon (B) x2	Chicken Noodle Soup (I) Sweet & Sour Pork (I) Rice & Chicken (R) Asparagus (R) Chocolate Pudding (I) Grape Drink (B) Tea w/ Lemon (B) x2